

Samosa Cakes



Makes approx. 15 patties

Ingredients

2 lbs of potatoes – washed but not necessarily peeled, cut into cubes so they cook faster
1/8 cup canola oil plus 2 tbsp
Dash of turmeric
Dash of salt
Lime juice
1 tsp mustard seeds
1/2 onion diced
1 cup carrots, grated or finely diced
2 cloves of garlic, minced
1 tbsp fresh grated ginger
1 tsp cumin
2 tbsp green chilies
1 cup frozen peas
1/8 cup whole wheat flour
Extra oil for pan frying



Directions

Place potatoes in a pot of water and bring to a boil. Then let simmer for 20 minutes or until potatoes are soft. I left the skins on my potatoes in order to keep those nutrients, and they turned out just fine.

Drain the potatoes and then mash. Add the 1/8 cup of canola oil, dash of turmeric and salt.

Place 2 tbsp of canola oil in large frying pan with mustard seeds on medium heat. Cover with a lid until the mustard seeds have popped--about a minute.

Add the carrots and onion and saute for about 10 minutes.

Add garlic, ginger, cumin and green chilies. Cook for a few more minutes. If it is dry add a little lime juice.

Add the veggie mixture from the frying pan into the potatoes. Add the peas and mix together.

Mix in the flour. Add salt if desired.

Mix together. Transfer to a bowl and refrigerate until completely cooled. If you are running short on time you can put them in the freezer for about 20 minutes. Be sure they are well cooled though or they will fall apart.

Once the batter is completely cooled, form into patties and fry in a little canola oil. I made a ball a little larger than a golf ball and then flattened it like a burger. Then as I was cooking them I pressed them down a little flatter.

Cook on medium heat for 3 minutes on each side or until browned.

Serve with your favorite indian sauces--samosa chutney, mango chutney, mint chutney, tamarind date sweet and sour sauce, which can be purchased at your favorite Indian grocery store.

Recipe adapted from recipe in Vegan Brunch by Isa Chandra Moskowitz.

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